

Full Report (All Nutrients) 10050, Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled

Report Date:October 23, 2015 09:09 EDT

Nutrient values and weights are for edible portion.

Food Group : Pork Products**Common Name: Centercut pork loin chop, Rib cut chops, Rib chops****Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25****Refuse:40% Refuse Description: Bone 24%, Connective tissue, 11%, separable fat 5%**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)	67g
Proximates							
Water ¹	g	65.14	12	0.443	55.37	43.64	
Energy	kcal	186	--	--	158	125	
Energy	kJ	776	--	--	660	520	
Protein ¹	g	25.79	12	0.832	21.92	17.28	
Total lipid (fat) ¹	g	8.36	12	0.678	7.11	5.60	
Ash ¹	g	1.02	12	0.012	0.87	0.68	
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00	
Fiber, total dietary	g	0.0	--	--	0.0	0.0	
Sugars, total	g	0.00	--	--	0.00	0.00	
Minerals							
Calcium, Ca ¹	mg	26	12	2.974	22	17	
Iron, Fe ¹	mg	0.68	12	0.019	0.58	0.46	
Magnesium, Mg ¹	mg	25	12	0.488	21	17	
Phosphorus, P ¹	mg	218	12	3.383	185	146	
Potassium, K ¹	mg	343	12	7.646	292	230	
Sodium, Na ¹	mg	57	12	1.133	48	38	
Zinc, Zn ¹	mg	2.25	12	0.073	1.91	1.51	
Copper, Cu ¹	mg	0.088	12	0.010	0.075	0.059	
Manganese, Mn ¹	mg	0.007	12	0.000	0.006	0.005	

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g) 67g
Selenium, Se ¹	µg	45.4	12	5.799	38.6	30.4
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin ¹	mg	0.569	4	0.057	0.484	0.381
Riboflavin ¹	mg	0.219	4	0.039	0.186	0.147
Niacin ¹	mg	7.855	4	0.354	6.677	5.263
Pantothenic acid	mg	0.648	--	--	0.551	0.434
Vitamin B-6	mg	0.675	--	--	0.574	0.452
Folate, total	µg	0	--	--	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	0	--	--	0	0
Choline, total	mg	73.3	--	--	62.3	49.1
Betaine	mg	2.7	--	--	2.3	1.8
Vitamin B-12	µg	0.52	--	--	0.44	0.35
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.10	--	--	0.08	0.07
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.8	--	--	0.7	0.5
Vitamin D3 (cholecalciferol)	µg	0.8	--	--	0.7	0.5
Vitamin D	IU	32	--	--	27	21
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
Lipids						
Fatty acids, total saturated	g	2.816	--	--	2.394	1.887
4:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)
6:0	g	0.000	--	--	0.000	0.000
8:0 ¹	g	0.000	4	0.000	0.000	0.000
10:0 ¹	g	0.005	4	0.003	0.004	0.003
12:0 ¹	g	0.003	4	0.003	0.003	0.002
14:0 ¹	g	0.101	4	0.026	0.086	0.068
15:0 ¹	g	0.000	4	0.000	0.000	0.000
16:0 ¹	g	1.760	4	0.427	1.496	1.179
17:0 ¹	g	0.022	4	0.005	0.019	0.015
18:0 ¹	g	0.914	4	0.231	0.777	0.612
20:0 ¹	g	0.011	4	0.004	0.009	0.007
22:0 ¹	g	0.000	4	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	3.482	--	--	2.960	2.333
14:1 ¹	g	0.000	4	0.000	0.000	0.000
15:1 ¹	g	0.000	4	0.000	0.000	0.000
16:1 undifferentiated ¹	g	0.212	4	0.045	0.180	0.142
17:1 ¹	g	0.004	4	0.004	0.003	0.003
18:1 undifferentiated ¹	g	3.216	4	0.755	2.734	2.155
18:1 c ¹	g	3.172	4	0.742	2.696	2.125
18:1 t ¹	g	0.044	4	0.013	0.037	0.029
20:1 ¹	g	0.050	4	0.013	0.042	0.034
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.913	--	--	0.776	0.612
18:2 undifferentiated ¹	g	0.783	4	0.178	0.666	0.525
18:2 n-6 c,c ¹	g	0.760	4	0.173	0.646	0.509
18:2 t,t ¹	g	0.023	4	0.005	0.020	0.015
18:3 undifferentiated ¹	g	0.031	4	0.009	0.026	0.021
18:3 n-3 c,c,c (ALA) ¹	g	0.031	4	0.009	0.026	0.021
18:3 n-6 c,c,c ¹	g	0.000	4	0.000	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:2 n-6 c,c ¹	g	0.029	4	0.007	0.025	0.019
20:3 undifferentiated ¹	g	0.002	4	0.002	0.002	0.001
20:4 undifferentiated ¹	g	0.068	4	0.002	0.058	0.046

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	3.0 oz 85g	1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 151 g)
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.067	--	--	0.057	0.045
Fatty acids, total trans-monoenoic	g	0.044	--	--	0.037	0.029
Cholesterol ¹	mg	66	4	6.272	56	44
Amino Acids						
Tryptophan ^{1 2}	g	0.271	--	--	0.230	0.182
Threonine ^{1 2}	g	1.158	--	--	0.984	0.776
Isoleucine ^{1 2}	g	1.269	--	--	1.079	0.850
Leucine ^{1 2}	g	2.197	--	--	1.867	1.472
Lysine ^{1 2}	g	2.392	--	--	2.033	1.603
Methionine ^{1 2}	g	0.710	--	--	0.603	0.476
Cystine ^{1 2}	g	0.298	--	--	0.253	0.200
Phenylalanine ^{1 2}	g	1.084	--	--	0.921	0.726
Tyrosine ^{1 2}	g	0.981	--	--	0.834	0.657
Valine ^{1 2}	g	1.348	--	--	1.146	0.903
Arginine ^{1 2}	g	1.716	--	--	1.459	1.150
Histidine ^{1 2}	g	1.114	--	--	0.947	0.746
Alanine ^{1 2}	g	1.514	--	--	1.287	1.014
Aspartic acid ^{1 2}	g	2.523	--	--	2.145	1.690
Glutamic acid ^{1 2}	g	4.117	--	--	3.499	2.758
Glycine ^{1 2}	g	1.162	--	--	0.988	0.779
Proline ^{1 2}	g	1.043	--	--	0.887	0.699
Serine ^{1 2}	g	1.115	--	--	0.948	0.747
Hydroxyproline	g	0.066	--	--	0.056	0.044
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹National Pork Board (NPB) Pork Study - Natural Cuts - 2006, 2006

²National Pork Board (NPB) Pork Value Cuts 2007, 2007